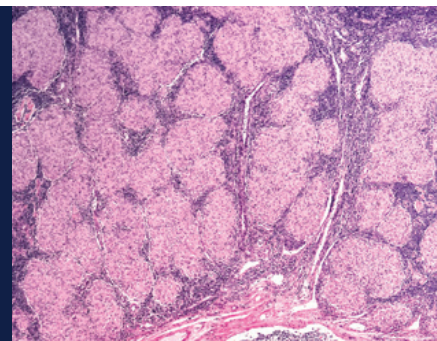


# Comprehensive Sarcoidosis Management and Treatment

www.ucsfhealth.org



## NATIONALLY RANKED

in cardiology, neurology, ophthalmology, pulmonology and rheumatology

**2,500+**

patient visits for sarcoidosis, 2014-2019

**1 out of 3**

sarcoidosis patients has progressive organ damage requiring chronic therapy

**75%**

of cardiac sarcoidosis patients at UCSF are in remission without needing long-term steroid therapy

## SARCOIDOSIS PRESENTATION



**90%**  
lungs



**15%-25%**  
heart



**10%-20%**  
neurological system

## AFRICAN DESCENT

**3x to 4x**

more likely to have sarcoidosis than people of non-African descent

**Diagnosing sarcoidosis is a challenging process. UCSF's team of specialists are experts in diagnosing and treating this elusive chronic condition.**

- Sarcoidosis is an immune disorder that causes granulomas in the lymph nodes. Early diagnosis is crucial, to minimize organ destruction and enhance long-term survival.
- Ninety percent of sarcoidosis patients have associated intrathoracic findings of pulmonary parenchymal disease or lymph node enlargement.
- Sarcoidosis may affect multiple organs, including the heart, eyes, nervous system and skin.
- Many other conditions can mimic the patterns of inflammation caused by sarcoidosis.

## PROGRAM FEATURES

- Cross-specialty sarcoidosis management, including risk assessment, resulting in earlier diagnosis and rapid movement to treatments appropriate for the types of organs and systems involved
- One of the only integrated, multidisciplinary sarcoidosis treatment centers in Northern California
- Radiologists and pathologists with extensive experience in diagnosing sarcoidosis
- Aggressive management of all forms of sarcoidosis with steroid-sparing biologics or antimetabolite therapy, such as tumor necrosis factor (TNF)-alpha blockers and methotrexate - for more precise targeting of signaling pathways

MORE →

## INFORMATION / REFERRALS

Please call the Physician Liaison Service at **(800) 444-2559**, or one of the phone numbers listed on the other side after specific team members' names.

**UCSF Health**

## PROGRAM FEATURES (continued)

- Advanced imaging capabilities and related protocols, including the following:
  - Cardiac MRI and specific positron emission tomography (PET) protocol to test for active cardiac sarcoidosis and follow the response to treatment
  - Fluorescein angiography, fundus autofluorescence and optical coherence tomography for uveitis
  - Targeted heart biopsies using imaging and voltage guidance
  - State-of-the-art, minimally invasive lung biopsy techniques, including bronchoscopy with endobronchial ultrasound biopsies of lymph nodes
- Rapid, on-site pathological evaluation and interpretation
- Expertise in using treatment modalities that induce remission

## WHY REFER TO UCSF?

- In-depth experience in diagnosing and managing sarcoidosis across multiple subspecialties, which facilitates referrals to other appropriate faculty and departments:
  - Three uveitis specialists
  - Experts in sarcoidosis and interstitial lung disease (ILD), and in neurological, cardiac and rheumatologic sarcoidosis
- High volume of sarcoidosis patients treated from Northern California and beyond, with telemedicine available for California residents
- Rapid access to care
- Access to advanced treatment modalities to enable tailored treatment of each patient's comorbidities, such as the following:
  - Ventricular tachycardia ablation, including an epicardial approach
  - Advanced therapies for heart failure
  - Access to the UCSF Lung Transplant Program when lung disease is advanced
- Available to manage patients over long periods of time, including monitoring lab results and reviewing imaging studies
- Educational programs for patients living with ILD
- Ongoing communication with the referring physician

## OUR TEAM

### PULMONOLOGY

**Laura L. Koth, MD**

Director, Sarcoidosis Research Program

**Nicholas Arger, MD**

### RHEUMATOLOGY

**Julie Zikherman, MD**

#### REFERRALS:

Phone: (415) 353-2497

Fax: (415) 353-2777

### CARDIOLOGY AND ELECTROPHYSIOLOGY

**Vasanth Vedantham, MD, PhD**

#### REFERRALS:

Phone: (415) 353-2873

Fax: (415) 353-2528

### NEUROLOGY

**Jeffrey M. Gelfand, MD, MAS, FAAN**

Assistant Medical Director, Multiple Sclerosis and Neuroinflammation Center

#### REFERRALS:

Phone: (415) 353-2069

Fax: (415) 353-2633

### OPHTHALMOLOGY

**John Gonzales, MD**

#### REFERRALS:

Phone: (415) 476-1442

Fax: (415) 502-2521

### INTERVENTIONAL PULMONOLOGY

**Eric Seeley, MD**

**Yaron Gesthalter, MD**

### PATHOLOGY

**Kirk Jones, MD**

### THORACIC RADIOLOGY

**Brett Elicker, MD**

**Karen Ordovas, MD, MAS**

## INFORMATION / REFERRALS

Please call the Physician Liaison Service at **(800) 444-2559**, or one of the phone numbers listed above after specific team members' names.